



CRS Parent Connection

Alabama Department of Rehabilitation Services



Volume 14, Number 4

Fall 2006

School Emergency Plans Should Meet Your Child's Individual Needs

By Cindy Wester

Reprinted from the Spina Bifida Association of Alabama Support Group News, July/September 2006

With a new school year beginning, now is a good time to review your child's current IEP or 504 Plan. One item parents often fail to ask about is a fire or tornado plan that addresses their child's individual mobility needs. While this does not have to be written in your child's IEP, it is important for you to be aware of how the school will safely provide for your child's needs in the event of an emergency. If your child attends a school with all activities on one level, he or she is most fortunate. Even if your child has a full time paraeducator, it is important to be informed of how drills will be handled and who will assist your child if the paraeducator is absent.

Appropriate fire and tornado plans will vary from student to student and

building to building. If your child's classroom is on the first floor, he/she may occasionally participate in activities on another floor that requires the use of an elevator. However, elevators are never supposed to be used in the event of fire or tornado danger. Many schools have lower levels or basements which are used for tornado drills. How would your child get downstairs without the use of the elevator? Has a physical therapist familiar with your child's physical challenges had input into this plan?

Parents need to know if a paraeducator, classroom teacher or another designated staff member will be responsible in assisting during emergency situations. Will there be a back up person to check to be sure your child exits safely?

Do all back up personnel have a copy of your child's weekly schedule easily available so they know where your child's class is at all times? Often, regular classroom teachers do not get the extra personnel support they need for their students who are physically challenged. It can be both difficult and dangerous for one teacher to see to the safety of one individual child as well as the rest of their class. If your child is in a special education class, does this teacher have the support to safely supervise the entire group during an emergency?

Every school is supposed to have a fire drill every month and several tornado drills during the school year. These are good opportunities for your child to learn about safe exits and what his/her responsibility should be. After these drills discuss with your child how the drill went and share any concerns with your child's teacher or principal. Sometimes it takes time and practice to get a plan fine tuned. Try to work with your school with a supportive attitude, and let them know how much you appreciate their concern for your child's safety.



(Continued on page 4)

Inside....

Changes to Medicaid.....	P. 3
CRS Summer Activities.....	P. 5
Family Voices.....	P. 8

Let's YAC About It.....	P. 9
Funderful Times.....	P.10



CRS Parent Connection

Editor: Susan Colburn
State Parent Consultant

Layout & Design: Joann Brothers
Resource Assistant

Contributing Writers: Cindy Wester
Linda Jennings
Kara Bishop
Sandra Hazzard
Odessa Taylor
Penny Strickland
Tammy Moore
Sharon Beech
Rita Cobbs
Kayla Beard

Address Inquiries To:

Susan Colburn
Children's Rehabilitation Service
2129 East South Boulevard
Montgomery, AL 36116
Phone: (800)846-3697
(334)613-2284
Fax: (334)613-3553
E-Mail: scolburn@rehab.state.al.us

Parent Connection is a complimentary newsletter published by Children's Rehabilitation Service for families of children with special health care needs. The goal of this newsletter is to increase communication and share information about children with special health care needs and their families. The newsletter reflects a family-centered theme throughout and serves as a forum for family members to share information, thoughts, feelings, concerns, etc. Nothing printed or implied in this publication constitutes an endorsement by the Alabama Department of Rehabilitation Services.

This material is available in alternate formats upon request. Alternate formats include braille, large print or audio tape and may be obtained by calling the phone numbers listed above.

In the provision of services and employment practices, the Alabama Department of Rehabilitation Services does not discriminate on the basis of sex, creed, national origin, religion, race, age or disability.



Spina Bifida Awareness Month

October is National Spina Bifida Awareness Month. The Spina Bifida Association of Alabama is a non-profit organization whose mission is to promote the prevention of spina bifida and enhance the lives of those in Alabama who live with spina bifida and their families. There are an estimated 70,000 people in the United States currently living with spina bifida, the most common permanently disabling birth defect. Thanks to new medical treatments and technology, most people born with spina bifida can expect to live longer, more productive lives than was dreamed of just 20 years ago.

During October, the Spina Bifida Association of Alabama will be holding bowl-a-thons in three Alabama cities. Pledges received from the bowl-a-thons will help the association continue their all volunteer efforts in publishing quarterly newsletters, public awareness and education. If you would like more information about how you can participate or support one of these bowl-a-thons, please contact one of the planners listed below.

Tuscaloosa: October 6; 6:00-8:00 p.m.
AMF Bama Lanes
Contact: Donna Smith (205) 657-1227 or
pddonna@bellsouth.net

Huntsville: October 21; 1:00-4:00 p.m.
Plamor Lanes
Contact: Trish Switzer (256)325-8600 or
AL_spina_bifida_support@hotmail.com

Birmingham: October 22; 2:00-5:00 p.m.
Lightning Strikes Bowling Center, Trussville
Contact: Toni Jorenby (205)979-4353 or
Laurie Berenotto (205)313-7440

At CRS, we are continuing to look for new ways to carry out our mission of developing services and supports that will enable children and youth with special health care needs to live, learn, work and play in their communities. With the additional funds provided to us from the Alabama Legislature for 2007, beginning October 1, 2006 CRS plans to begin purchasing services for families with family financial participation plans at the \$50 co-pay level. We will soon be offering new Seating and Positioning clinics in Dothan, Andalusia, Selma and Tuscaloosa. We have found an audiologist to fill our vacancy in the Anniston district, so that regular Hearing, Hearing Assessment and Hearing Aid clinics will be available there. The new Optometry clinic in Birmingham will be starting in September. We are planning soon to open our evaluation clinics (Feeding, Augmentative Communication/Technology, Seating and Positioning and Teen Transition) to any child with a special health care need who could benefit from the assessment. While CRS will not have the funds to financially assist with the purchase of the recommendations made at these clinics for children who do not have a diagnosis that we have historically served, our care coordinators are eager to assist families in locating other resources to meet the needs identified by these clinic teams. If you have questions or think your family could benefit from any of these services, please contact your CRS care coordinator or your local CRS office.

CHANGES TO MEDICAID

You may have read that Congress passed the Deficit Reduction Act earlier this year. This is a new law that makes BIG changes to Medicaid. This will mean that when you first apply or renew your child's Medicaid you will have to provide proof of both citizenship and identity. (People who do not have to show proof of citizenship and identity are individuals with SSI, Medicare and children in foster care.)

CRS is committed to helping families retain their Medicaid coverage by helping them understand what documents are now required to prove citizenship and identity.

The following documents can be used to prove citizenship and identity:

A. Documents to establish citizenship and identity:

A U.S. passport or Certificate of Naturalization or Certificate of Citizenship can be used to prove both **citizenship and identity**.

OR

B. Documents to establish citizenship only:

- A Certified U.S. birth certificate
- A Certification of Report of Birth, Consular Report of Birth Abroad or Certification of Birth Abroad
- An American Indian Card with a classification code "KIC"
- A Final Adoption Decree with the child's name and U.S. place of birth

AND

C. Documents to establish identity only:

- A state issued driver's license (within the US)
- Identification card issued by the Federal, State, or Local government (within the US) with a photo of the individual or other identifying information such as name, age, sex, race, height, weight or eye color.
- A school ID card with a photo of the child (for children under 16, school records may include nursery or day care records.

This is only a partial list of documents. If you want a more detailed list go to www.medicaid.state.al.us.

Families who do not have a birth certificate for a child can get a copy for \$12 from the Alabama Department of Public Health, Vital Records division. You can get the form needed to order a birth certificate from a county health department or on line at www.adph.org. A CRS staff member can also help families obtain and complete the order form but CRS can not write an authorization to pay for the birth certificate.

Proving identity may be harder, especially for younger children. Medicaid has agreed to accept a CRS developed 'Identification Card' as proof of a child's identity. Contact your CRS Care Coordinator or other CRS staff member about the 'Identification Card'. (It would be helpful if families brought a picture of their child to the local CRS office to be attached to the card.) Once a CRS staff member has completed and signed the identity card it will be given to the family to take to Medicaid.

If you have any other questions about these changes to Medicaid please contact your CRS Care Coordinator.

Linda Jennings
CRS Policy Specialist

Department of Mental Health and Mental Retardation Office of Deaf Services

If your child is deaf or hard of hearing, communicates with American Sign Language (ASL) or lip-reading and needs services from a community mental health center, the DMHMR Office of Deaf Services (ODS) might be able to help you. The ODS had a mandate to ensure that culturally appropriate mental health services are provided for consumers. Deaf children face more challenges and are more at risk for developing emotional and behavioral disorders than children in the general population, and the ODS wants to ensure that all children get the appropriate care they need. For more information about this service, please contact Liz Hill, LGSW at Liz.Hill@mh.alabama.gov or at (334)279-7830

**(School Emergency Plans
continued from page 1)**

When my daughter Becky was in middle and high school, we had numerous problems during fire and tornado drills. Both schools were very large and two stories high. Becky did not have a scheduled paraeducator except in very rare cases (after surgeries, etc.) Even with an emergency plan attached to my daughter's IEP, it was difficult for all seven or eight of her teachers to remember how they were suppose to proceed.

Becky (who uses a wheelchair for most of her mobility needs) was often told to take the elevator to the first floor during emergency drills. Once when the electricity went out during a storm, she got stuck between floors and no one knew she was missing. As soon as the power was back on she repeatedly had to ring the alarm button until someone realized the elevator was stuck and notified the office to get some help. Another time a high school teacher instructed one of Becky's peers to carry her down two flights of steps – not safe for either student nor should that ever be considered best practice.

As for adults with spina bifida, if your home, work or leisure activity involves the use of an elevator, have your own plan on how you would exit your environment without using the elevator. Do not wait until the last minute to take action and never hesitate to ask for assistance. During Hurricane Katrina, those individuals with mobility needs who responded early experienced many fewer challenges than those who waited until the crisis escalated.

All individuals with mobility needs should learn the proper precautions to take during fire and dangerous weather alerts. As parents we need to ensure that our schools are aware of the extra precautions some students might need and be sure the plans are being followed. And finally, we need to teach our kids at an early age to advocate for their own safety — to speak up, to ask for assistance and to know how to make good choices in emergency situations.

For more information about the Spina Bifida Association of Alabama, contact: Trish Switzer, (256) 325-8600 or AL_spina_bifida_support@hotmail.com.

“Marty’s Life,” the cartoon at the beginning of this article, is used with permission of the cartoonist, Richard Haigler. Richard, a young man with cerebral palsey, works at UAB in the Survey Research Unit. Richard says cartooning has been a big part of his life since he was very young. You may contact him at rhaig32@yahoo.com.



Cindy Wester, with her daughter Becky, is a retired special education teacher.

The Twelve Days of Christmas

In keeping with building disaster resistant neighborhood during the holiday season, The American Red Cross has made a list of the following gifts for the Twelve Days of Christmas.

- On the First Day... a smoke alarm
- On the Second Day... a carbon monoxide alarm
- On the Third Day... a fire extinguisher
- On the Fourth Day... a fire escape ladder
- On the Fifth Day... a family disaster supplies kit
- On the Sixth Day... a pet disaster supplies kit
- On the Seventh Day... a weather radio
- On the Eight Day... a first aid kit
- On the Ninth Day... attend first aid and CPR training
- On the Tenth Day... house numbers
- On the Eleventh Day... a flashlight
- On the Twelfth Day... create an emergency phone numbers list



To learn more about the Twelve Days of Christmas and preparing families for disaster go to the website for the Capital Area Chapter of the American Red Cross for Florida, www.tallytown.com/redcross/tdoc.htm.

WHEELCHAIR WIPE-OUT



On Friday, August 4, 2006, Mobile CRS had its Wheelchair Wipe-out. This was Mobile's fourth year for this event. Numerous volunteers were available to help the children participate in the many games and activities that were prepared for them. As always, the face painting by Uncle Wes seemed to be the most popular. However, the adapted bowling was a close second. Children were also able to create spin art, decorate wooden lap trays, go fishing for prizes, and participate in a cake "walk and roll". Parents were able to sit back and chat while the volunteers kept the children busy. They also had the opportunity to win one of many door prizes. The Mobile Bay Bear Mascot was also there to entertain the children.

This year, 25 wheelchairs were washed and/or repaired. National Seating and Mobility and Gulf Coast Rehab provided the much needed service for our clients. Both vendors have generously volunteered their time and effort all four years. Kathryn Chodkiewicz, CRS social worker, coordinated a resource fair, with numerous community agencies available for families to access.

The Wipe-out was catered by Outback Steakhouse for the second year. Two Mommies and an Ice Cream Truck provided all the ice cream we could eat. Just imagine the excitement of having an ice cream truck with an unlimited supply! What better way to stay cool on a hot day? Channel 5 and channel 10 were both on hand to capture the fun. One of our younger clients even granted them an interview. The Mobile Press ran a nice article announcing the event. What a response we got from that! We received so many phone calls from clients and also individuals who wanted to volunteer.

Mobile CRS was fortunate to have Senator Rusty Glover, as well as Representative Candidate Chad Fincher

join the families for lunch. Congressman Jo Bonner recognized the event by presenting CRS with a laminated copy of the newspaper article that included his congressional seal.

Penny Strickland, parent consultant, and Patti Fassbender, physical therapist, would like to thank the local PAC (Parent Advisory Committee), the many volunteers, and those who donated games and prizes for the children and their families. Without them, the event would not have been the success it was.

Penny Strickland
CRS Parent Consultant, Mobile



Light the Way Vent Camp

The third annual Light the Way Vent Camp was held July 6-9, 2006 at Children's Harbor. The camp, sponsored by Vent Kids of Alabama, is for families of children who require a ventilator to help them breathe.

The days and evenings were filled with many activities and good food. VSA Arts of Alabama came and gave all the children an opportunity to make their own picture to take home and also take part in two large canvas pictures they created together with the art therapist. The children enjoyed boat rides on the lake and karaoke singing that had everyone laughing.

Many business, civic and church groups, as well as individuals provided supplies, snack food and delicious meals for the campers and their families.

To learn more about the camp and Vent Kids of Alabama, contact Kara Bishop (205) 370-9605 or visit the website at www.ventkindsofalabama.com.

Kara Bishop, Director
Vent Kids of Alabama

Anniston Family Connection Picnic Full of Fun for Everyone

On June 8, 2006, Anniston CRS, our Parent Advisory Committee, and Early Intervention held a picnic at Oxford Lake to promote the CRS Parent Connection Program and EI Family Involvement. Families enjoyed meeting, sharing experiences and relaxing while their children were entertained with planned activities and the playground equipment. Every family received goody bags from Safe Kids and EI, along with toothpaste and age-appropriate



children's toothbrushes provided by a local dentist. There were plenty of hot dogs, chips, baked beans, cookies and drinks.

Approximately 135 adults and children came from Calhoun, Cleburne, Randolph, St. Clair, and Talladega counties. CRS staff provided acrylic picture frames for the children to decorate with their choice of stickers. Each child's picture was taken during the picnic, developed at WalMart's one-hour processing and given to them before they left the picnic. Other activities included playing in the in-ground, shooting water fountain, games and bubble play. Everyone enjoyed the fun and is looking forward to next year.

Thanks to The Oxford Parks and Recreation Department for donating two pavilions. We appreciate the Anniston Water Department, Alexandria Foodland, Jacksonville



Food Outlet, and Weaver Food Outlet Jr. for donations and discounts that were obtained by PAC members. Special thanks to EI and CRS district service coordinators for donations and assistance from AIDB, Covenant Services and Edith Couch.

Sandra Hazzard
CRS Parent Consultant, Anniston

Cool times in July With Jackson CRS

"It was 100 plus degrees weather on July 18, but that didn't stop Children's Rehabilitation Service in Jackson from having a wonderful Cool Times in July event. Cool Times in July provided car/booster seat inspections with repairs or replacements as needed, arts and crafts, food, fun, and a wheelchair wash. The



McGruff watches the children decorate sun visors

day was jam-packed with fun for all ages. There were over thirty volunteers from Choctaw, Clarke, Mobile, Monroe and Washington counties to help make Cool Times a success. Sonja Blaylock, Jennifer Bogdahn, and Patti Fassbender came up from Mobile's CRS office and helped us provide a great event. We had terrific participation from our communities' businesses over the multi-county area through sponsorship of door prizes, food, Coca-Cola's, arts and crafts, car/booster seats, and radio advertisements.

Our police departments from Chatom, Jackson and Thomasville jumped right on board to provide the car seat inspections. The police departments donated many car/booster seats and along with the sponsored seats we

served around sixty families with a safer traveling environment for their children. Officer Dustin Fleming, TPD, Arvis Slack and Josh Garrett, JPD, Chief Dwayne Garrick, CPD partnered to make sure our families' children were safe. The officers got out in the heat with smiles and enthusiasm and never let up until the last family was served. Officer McGruff came by and met our participants and stayed with us the whole event, too.

Mobile's CRS physical therapist, Patti Fassbender co-ordinated the wheelchair wash and partnered with Chris Rhodes and Bryan Shewmaker of National Seating to provide a wash, repair, and tune-up with lots of volunteers helping. There were over 100 door prizes and

(Continued on page 7)

Scouting, Rafting and Having an Adventure

Oh the places you can go, the friends you can make and the things you can see and do – when you are a scout! Kelsi Moore, 13 year old daughter of Tammy Moore, CRS parent consultant in Birmingham, has been a Girl Scout since she was 5 years old. She has participated in so many activities, been so many places, made so many friends and learned so many things that you couldn't begin to list them all here. She has learned everything from the art of letterboxing to jewelry making. She loves archery, canoeing, horseback riding and swimming with the scouts, but her favorite things to do with her troop are camping, wall climbing and you guessed it – WHITEWATER RAFTING!



Kelsi, seen (2nd row in the middle) with Mom on the left is ready to take on the next set of rapids

Kelsi started this past summer off with a splash. She took on class 3 and class 4 rapids on the Big Pigeon River in Cosby, Tennessee. The guide explained it like this, class 1 rapids are like a gentle flowing stream and class 5 rapids are like taking on Niagara Falls. So you can see it was quite an adventure going through class 4 rapids. Kelsi is ready to go back and take the rapids on again and welcomes everyone to consider joining Girl or Boy Scouts for a life full of fun and adventure.

As stated in the Spring 2005 *Leader* from the Girl Scouts, “By working with experts, making adaptations and most importantly keeping an open mind, you can encourage girls with disabilities to scale new heights.”

Tammy Moore
CRS Parent Consultant Birmingham

(Cool Times in July continued from page 6)

goodies, so each participant left with a reminder of what our communities stand for. Smiles and laughter were found at every turn and the day ended with hugs and appreciation by all.

Our first Cool Times in July event was terrific and we look forward to next year's event. I wish to send many, many thanks to our many sponsors, volunteers, participants and staff—because of each of you, we did have a “Cool Time” indeed!

Sharon Beech
CRS Parent Consultant, Jackson.

**Tonya Beech,
Jackson CRS
office coordina-
tor enjoys the
“Cool Time”
with Myron
Williams**



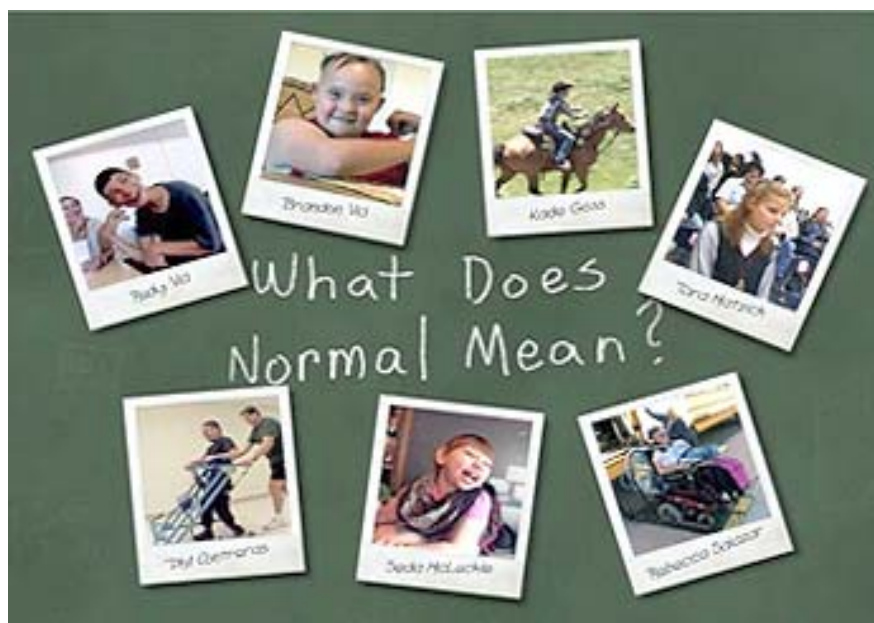
Selma CRS Participates in March of Dimes Blue Jeans for Babies Day



On June 23, 2006 the Selma CRS staff took part in the activities for Blue Jeans for Babies Day. Research funded by the March of Dimes is very important to the survival of premature babies.

Odessa Taylor
CRS Parent Consultant, Selma

FAMILY VOICES



A Documentary Film Exploring the World of Students with Disabilities

The 60 minute documentary film “What Does Normal Mean?” follows seven students with disabilities through an academic year as they attend regular classes with their friends. Three award-winning documentary filmmakers visited elementary, middle and high schools in urban and rural communities in New Mexico. The film-makers and the producers, two of whom have sons with disabilities, created a film that illustrates how inclusion can succeed and learning environments improve when school administrators, teachers, families, and disabled students and their friends work together.

The stars of “What Does Normal Mean?” are Rudy Via, Brandon Via, Tara Matzick, Kade Goss, Phillip Contreras, Rebecca Salazar and Seda McLuckie. Among them, they are blind, have severe dyslexia, cerebral palsy, down syndrome, anacephaly, seizure disorders, a neuromuscular disease, and medical fragility. They are cowboys, artists, track stars, honor roll students, public speakers. In some ways, the students are extraordinary. But in most ways, they are just like other kids.

TO ORDER COPIES OF THE FILM:

Contact Lacey Keene or Eric Ulibarri at Family Voices (888) 835-5669 or order online at www.familyvoices.org

Cost:

- **\$50 for individuals and family-run organizations plus shipping and handling**
- **\$100 for schools, agencies, institutions, businesses plus shipping and handling**

Visit the Family Voices Legislative Action Center (www.familyvoices.org/lac) for more information on the following:

- **Support Lifespan Respite Care** - you can help secure respite care for families
- **Budget Resolution Update and Action Steps** - support amendments offered by Rep. Castel - please include amendments to expand health/social services to House Concurrent Resolution 376
- **Thank your members of Congress** - for Family Opportunity Act passed as part of the Deficit Reduction Act

For information about Family Voices, please contact the Alabama state coordinators Susan Colburn (334-613-2284, scolburn@rehab.state.al.us) or Jerry Oveson (251-438-1609, oveson@bellsouth.net).



Transition Health Care Tips

As youth transition to young adults, they begin assuming more responsibility for their own health care. These are some tips to help make the transition smoother in learning to successfully work with today's health care system.

- Carry a list of addresses and phone numbers of your physicians.
- Know who to call in case of an emergency and how to call them.
- Learn how to make your own appointments.
- Write down your questions before you go to your doctor's appointment.
- Talk to your doctor about when to start seeing an adult health care provider.
- Start contacting your pharmacy to obtain your prescriptions/refills.
- Carry your insurance/medical card.
- Learn about your health insurance and health care finances.



A New Ramp, Youth Leadership at Work

By Kayla Beard

Do you know someone who uses a ramp to get in or out of their home? How about someone with a ramp so unstable that it is unsafe to use? I recently overheard my parents talking about a man who was in just such a situation. The ramp at his home was in ruins.

I began to plan a way to help with other members of the 2006 Governor's Youth Leadership Forum. My dad assisted with a design and I called 84 Lumber, who donated many of the materials. The local news agencies did stories on the project and numerous people called wanting to help.

On Saturday July 8 everyone met to rebuild a deck and ramp. Grocery stores and friends supplied food and drinks for the volunteers. Our friend, Mr. Paul, can now easily go in and out by himself, and sit on his deck to watch the rain.

When an Apple a Day Isn't Enough National Essay Contest



The Campaign for Children's Health Care is sponsoring an essay contest to give the nation's youth a voice in the importance of providing health coverage to all young people.

Children and young adults may enter by writing an essay to explain how their ability to obtain the health services they need affects their lives and the lives of those around them. Winners will be selected from two age groups in each state: 9-13 year olds and 14-18 year olds. Prizes include cash awards, having your essay published in the Campaign for Children's Health Care booklet, and Grand Prize winners — a trip to Washington DC for the awards ceremony in February 2007. Essays must be received online or postmarked by 11:59 p.m. EST on October 31, 2006.



Contest rules and more information about writing and submitting the essay can be found at www.childrenshealthcampaign.org/events/national-essay-contest.

Funderful Times

There are so many opportunities to do fun things with your child or as a family. Whether it is cooking together, playing board games or watching a family movie together, the time shared is a treasure. Holidays are one of our favorite times to do family oriented activities.

During the month of October, our family visits a local pumpkin patch to pick a large pumpkin to carve and several small ones to make pumpkin pies. During the month the farm offers tours of cotton fields, corn cribs to play



in and craft time. Our family looks forward to walking in the hay maze and eating candied apples.

Thanksgiving is a wonderful time for us to remember all the blessings we have been given during the year. Although it is fun to gather with family, grandparents and relatives, we set aside a time to have a meal with our sons. Before we eat, everyone names one thing they are thankful for. On Sunday after Thanksgiving, we come together and make our Christmas

wish list. Each of us uses our imagination and writes down everything we want for this holiday. Then we enjoy pop-corn and watch a favorite holiday movie.



December is filled with activities for families to enjoy. Many plays, musicals and festive events are free. Our family even went to the circus one year. We set aside the second Saturday in December to decorate our Christmas tree. One year we decided to decorate the poorest looking tree. By Christmas day, the tree was one of our favorite, even though it was only limbs with decorations.

Christmas or birthdays can be difficult and costly. When our sons were born, my husband and I agreed that we would buy three gifts for them and a stuffed stocking. They get things throughout the year, and we wanted the boys to know Christmas meant more than how much they got. As the boys have grown, putting their names on gifts and sticking them under the tree brought too much

curiosity. I looked up the names of the three wise men mentioned in the biblical Christmas story and secretly gave each of our sons one of the names. The gifts were so marked and the boys had such fun trying to figure out which one they are.

Making gifts is something the whole family can do together. It helps to remind us the holidays are about giving, not just getting gifts. We have a recipe for trail mix that is simple and not costly. Put the mix in a jar with a lid. Then cut a simple circle of fabric to go around the top and tie a ribbon around it. Teachers, elderly neighbors and others will enjoy the festive gift.

Trail Mix

Mix together in a large bowl:

4 cups plain Cherrios

4 cups Chex Wheat Cereal

1 cup Honey Nut Cherrios

2 cups small pretzels, unsalted

¼ cup each: peanuts, almonds, walnuts

Miniature marshmallows or candied M&Ms (optional)

Rita F. Cobbs

CRS Parent Consultant, Huntsville

Here are a few more gift suggestions to purchase or make that will not be hard on the wallet:

- Give a gift certificate to a coffee shop, favorite fast food place, video rental or a movie theater.
- Purchase a small picture frame or photo album.
- Fill a small basket filled with travel size lotion or soaps.
- Pot a small plant in a dollar store mug or tea cup.
- Put a bag of microwave popcorn and a flavored salt sampler in a small gift bag.
- Tie a basket with ribbon and attach a thank you note (for filling choose interesting pasta, jams, cheese, snack crackers, hot chocolate, candy or fancy dish towels).
- Other fillings for a decorated jar: cookie mix (just the dry ingredients and the recipe so they can add the wet ingredients and bake), homemade hot cocoa mix or flavored tea mix.
- Paint a terracotta pot and fill with cookies, nuts in the shell or other goodies.

These are a few suggestions to get you thinking about those special people you want to show appreciation to. For more ideas try these websites:

- <http://childcare.about.com>
- www.makingfriends.com/gifts_teacher
- www.classroom-teacher-gifts.com
- www.thefrugalshopper.com
- www.christmasgiftcenter.com
- www.aliciasrecipes.com/homemade_gifts

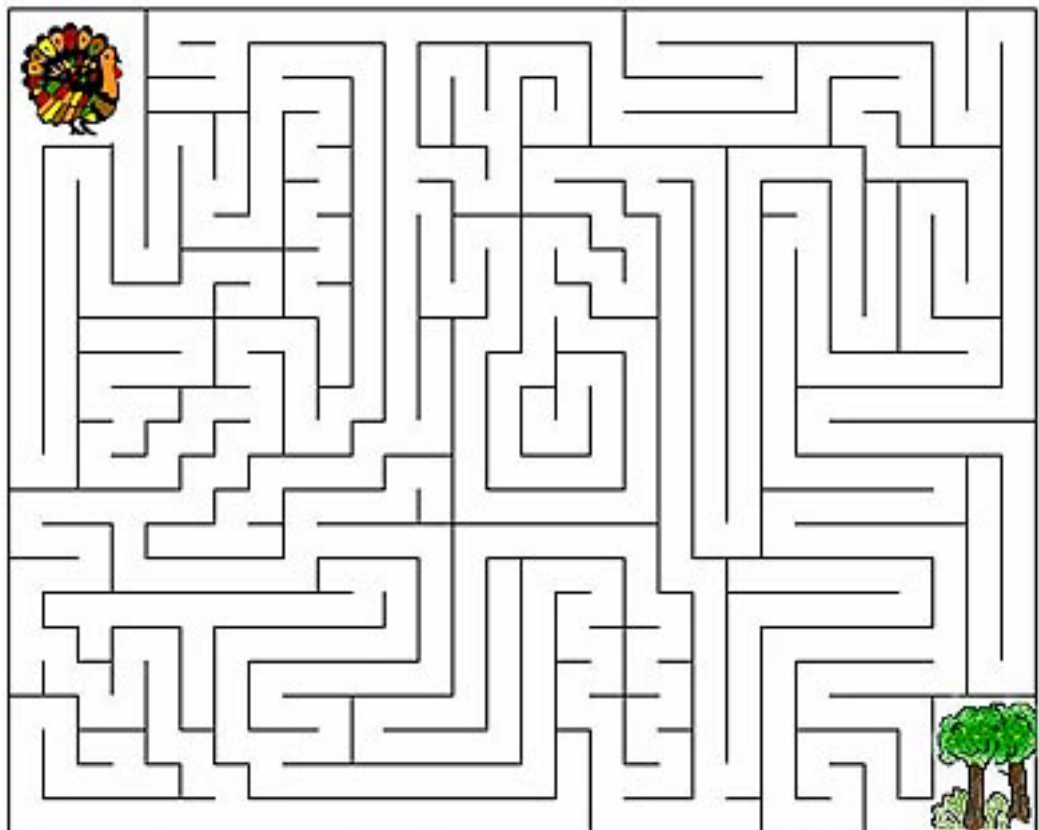


Halloween Costumes That Rock and Roll

With a few inexpensive materials, some tools and a lot of imagination, you can create a one of a kind costume for your child this year. If your child uses a wheelchair, there are a lot of wonderful ideas for designs to create not only a costume but a whole traveling scene. Need a little help with the imagination part? Go to the website www.bridgeschool.org/about/about_halloween and you will find many great ideas such as the bulldozer pictured here. On the website, there are pictures to click on and directions to make the costumes. Safety tips include using only easily and quickly removable attachments, nontoxic paints, no sharp objects or things that can be taken off and put in the child's mouth, and make sure what you make can fit through a standard door.



Turkey Tracks



Help the turkey escape into the woods

© 1998 The Kid's Domain
<http://www.kidsdomain.com>
free for non-profit use

Please add me to your newsletter mailing list.

Name: _____

Address: _____

City/State/Zip: _____

Clip & mail to
Susan Colburn
Children's Rehabilitation Service
2129 East South Boulevard,
Montgomery, AL 36116





CRS Parent Connection

Children's Rehabilitation Service
Alabama Department of Rehabilitation Services
2129 East South Blvd.
Montgomery, AL 36116

PRESORTED
STANDARD
U.S. POSTAGE PAID
Montgomery, AL
Permit No. 109



What's Ahead

October 28, 2006	Fun Fall Festival and Resource Fair Opelika; 10:00 a.m.-2:00 p.m.; Contact Mandy Jennings, CRS Parent Consultant at (334) 749-8339 or 1-800-568-8428 for more information
November 6, 2006	Election Day
November 8-10, 2006	Alabama Early Intervention and Preschool Conference; Riverview Plaza Hotel; Mobile, AL; Contact: Jeri Jackson, JBH50@aol.com
November 13, 2006	ADAP Workshop Huntsville; Contact Rita Cobbs, CRS parent consultant; 1-800-283-9352 for meeting time and place
November 17, 2006	Alabama Council for Developmental Disabilities Council Meeting; Call 1-800-232-2158 or (334) 242-3973 for meeting time and place
December 9, 2006	Selma CRS Christmas for Families; 12:00 p.m.-2:00 p.m.; Contact Odessa Taylor, CRS parent consultant at (334) 872-8422 or 1-800-967-6876 for more information
December 2006	Parent to Parent Training Dothan; Contact Vonda Reeves, CRS parent consultant; (334) 699-6600 or 1-800-677-9123 for date, time and place